



*Over 9 years experience*

# AYK Teacher Training Level 1

**AYK Teacher Training** is a certificate course that is perfect for *professionals working with children, such as:*

*Early Childhood Teachers, School Teachers, Educators, Sport Teachers, Dance Teachers, Health Therapist's and Parent's.*

*Level 1 is an informative and resourceful workshop, teaching you to bring yoga into the the lives of young children.*

<i>Level</i>	<i>Brisbane</i>	<i>Gold Coast</i>
Level 1	13 September 2009	5 December 2009
Level 2	10 & 11 October 2009	20 & 21 February 2009
Level 3	17 & 18 April 2010	TBA

**[www.yogaliving.com.au](http://www.yogaliving.com.au)**

further details

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**Yoga teaches kids**

**to:**

*Relax Concentrate*

*Breathe*

*Focus*

*Balance*

*Respect*

*Listen*

*Peace*

*Harmony*

*Posture*

*Flexibility*

*Strength*

**Teaching Yoga to**

**Kids is:**

*Joyful*

*Sacred*

*Special*

*Rewarding*

*Loving*

*Intuitive*

*Ageless*

